

## Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am <b>LES MILLS BODYPUMP</b> 45 min. Laurie	5:30 am <b>LES MILLS GRIT</b> 30 min. CARDIO ATHLETIC Shelly/Terah	5:45 am <b>LES MILLS BODYPUMP</b> 45 min. Kelly M.		5:30 am <b>LES MILLS BODYPUMP</b> 45 min. Laurie	
8:00 am Body Sculpt 55 min. Diana		6:00am Core Intervals 30 min. Shelly/Terah		6:35 am <b>LES MILLS CORE</b> 30 min. Sarah		8:00 am <b>LES MILLS BODYPUMP</b> 55 min. Jennifer
9:00 am <b>LES MILLS GRIT</b> 30 min. CARDIO ATHLETIC Shelly/Terah		7:00 am <b>WERQ</b> 45 min. Chloe/Tonya			8:00 am <b>LES MILLS BODYPUMP</b> 55 min. Shelly	8:00am Boot Camp 55 min. Laurie/Shelly
9:30 am Core Intervals 25 min. Shelly/Terah	8:45 am <b>LES MILLS BODYPUMP</b> 55 min. Megan	8:45 am <b>NEW!</b> 20/20/20 60 min. Megan	8:45am <b>LES MILLS BODYPUMP</b> 55min. Megan	8:45 am Cardio Dance 55 min. Mark	9:00am 20/20/20 60 min. Megan	9:00am Body Sculpt 55 min. Kelly O.
10:00 am  <b>ZUMBA</b> 45 min. Valerie / Fran	10:00 am Pilates 55 min. Karen	10:00 am <b>NEW TIME</b> Yoga Flow 50 min. Brenda	10:00 am Pilates 55 min. Karen/Nina	10:00 am <b>NEW TIME</b> Yoga Flow 50 min. Brenda	10:15 am <b>NEW TIME</b> Fit For Life 45 min. Megan	10:00 am <b>LES MILLS BODYFLOW</b> 45 min. Amanda
11:00am <b>LES MILLS BODYPUMP</b> 55 min. Valerie	11:00 am Fit For Life 55 min. Karen	11:00 am Gentle Yoga 50 min. Brenda	11:00 am Fit For Life 55 min. Karen / Diana	11:00 am <b>NEW TIME</b> Gentle Yoga 50 min. Brenda	11:10 am <b>NEW!</b> Cardio Swing 45 min. Diana	11:00 am WERQ 55 min. Keena/Manal
12:00 pm <b>LES MILLS CORE</b> 30 min. Valerie	12:00 pm Step and Strength 55 min. Diana		12:00 pm <b>NEW!</b> Groove 55 min. Gaylene	12:00 pm <b>LES MILLS BODYPUMP</b> 55 min. Jennifer M.	12:00 pm <b>LES MILLS BODYPUMP</b> 45 min. Valerie/Shelly	
	4:00 pm <b>LES MILLS BODYPUMP</b> 45 min. Laurie	4:00 pm <b>LES MILLS BODYFLOW</b> 45 min. Mari	4:00 pm <b>LES MILLS BODYPUMP</b> 45 min. Valerie			
	5:00 pm <b>LES MILLS CORE</b> 30 min. Laurie	4:45pm Body Sculpt 55 min. Elena	5:00 pm <b>LES MILLS CORE</b> 30 min. Valerie	4:30pm Body Sculpt 55 min. Kelly O.	4:45pm <b>LES MILLS BODYPUMP</b> 55 min. Diana/Megan	
	5:30 pm <b>LES MILLS GRIT</b> 30 min. STRENGTH Jen	5:45 pm <b>NEW TIME</b> <b>LES MILLS CORE</b> 30 min. Kelly O.	5:30 pm <b>LES MILLS GRIT</b> 30 min. ATHLETIC Valerie	5:30 pm <b>WERQ</b> 55 min. Nicole		
	6:00 pm <b>LES MILLS BODYPUMP</b> 55min. Jen	6:15 pm <b>NEW TIME</b> <b>LES MILLS BODYCOMBAT</b> 45 min. Sarynn	6:00 pm <b>LES MILLS BODYPUMP</b> 55min. Jen			
				6:35 pm <b>LES MILLS BODYCOMBAT</b> 55 min. Megan		
	7:00 pm <b>WERQ</b> 60 min. Jacquelyne/Tiffany	7:00 pm Turn Up 55 min. Alison	7:00 pm <b>NEW!</b>  <b>ZUMBA</b> 55min. Liz			

Limited class space available. Online registration prior to class is required.

Please unregister for classes that you cannot attend if you are on the roster.

See membership if your online account has not been activated yet.

# Spinning® Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:45 am</b> <b>NEW!</b> <b>LES MILLS RPM</b> 45 min. Amanda	<b>5:45 am</b> <b>LES MILLS sprint</b> 30 min. Ben	<b>5:45 am</b> Spin 45 min. Kiley	<b>5:45 am</b> <b>LES MILLS sprint</b> 30 min. Ben	<b>5:45 am</b> Spin 60 min. Jill	<b>8:00 am</b> <b>NEW TIME</b> Spin 55 min. Yacouba
<b>8:00 am</b> <b>NEW!</b> <b>LES MILLS sprint</b> 30 min. Dan		<b>8:30 am</b> Spin 55 min. Tammy		<b>8:30 am</b> Spin 45 min. Rebecca	<b>8:30 am</b> Spin 45 min. Tammy	<b>9:15 am</b> <b>LES MILLS sprint</b> 30 min. Amanda
		<b>12:00 pm</b> <b>NEW!</b> Spin 45 min. Kiley				
<b>5:00 pm</b> Spin 45 min. Shyla	<b>5:30 pm</b> Spin 60 min. Ben	<b>5:30 pm</b> <b>LES MILLS sprint</b> 30 min. Yacouba	<b>6:00 pm</b> <b>LES MILLS RPM</b> 45 min. Jennifer	<b>6:00 pm</b> <b>LES MILLS sprint</b> 30 min. Jennifer	<b>5:30 pm</b> <b>NEW!</b> Cyclub 45 min. Ben	

*\*Online registration for spin classes required.*

**SPINNING®** is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories.

Because Spinning® is low impact, it is suitable for most people, and our classes can accommodate all ability levels.

The Spinning program incorporates five Energy Training Zones: \*Recovery \*Endurance \*Strength \*Interval \*Race Day

**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) work out, using an indoor bike to achieve fast results.

**LES MILLS RPM™** is a fun, low impact and you can burn up to 500 calories a session\*\*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

- *New participants please arrive 15 min early for proper bike set up with your instructor.*
- *Cycling classes are fun, low impact and open to all ability levels.*
- *A water bottle and towel are strongly recommended.*
- *Cycling or stiff soled shoes, padded shorts and a heart rate monitor are encouraged but not required.*

# Water Fitness & Pool Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>9:00 am</b> Power in Motion 50 min. Molly		<b>9:00 am</b> Power in Motion 50 min. Norma Jean	<b>10:00 am</b> Aqua Strength & Endurance 60 min. Lexy		<b>9:00 am</b> Aqua Boot Camp 60 min. Rotation
<b>1 pm - 3 pm</b> Family Swim	<b>10:00 am</b> Aqua Strength & Endurance 60 min. Molly	<b>6:00 pm</b> Water Power 60 min. Rotation	<b>10:00 am</b> Aqua Strength & Endurance 60 min. Norma Jean	<b>6:00 pm</b> Water Power 60 min. Rotation	<b>10:00 am</b> Aqua Strength & Endurance 60 min. Mary	<b>10 am - 12 pm</b> Family Swim

*\*Online registration for Water Classes are NOT required at Princeton Club East.*

**Water Exercise Classes** provide lower impact on the joints but more resistance for muscle toning and cardio conditioning.

*\*Water shoes are strongly recommended but not required.*

**Aqua Boot Camp** – This class is a rigorous cross training workout combining bursts of cardiovascular exercises, water aerobics, modified plyometrics and strength training. It is a great way to improve your fitness level.

**Aqua Strength & Endurance** – This class emphasizes total body conditioning using natural resistance of the water.

Participants can vary their own pace to suit their unique goals and needs. We will begin with a 5-minute warm up and stretch followed by 40 minutes of cardio, then 15 minutes of strength training.

**Power in Motion** – An intensive 50-minute class challenging your fitness to the next level. Taking full advantage of the benefits of water resistance by traveling in the pool in various ways. We will use a variety of resistance equipment, High Intensity Interval Training (HIIT) and spurts of Tabata to make you sweat!

**Water Power** – This is a high intensity total body conditioning class. This class includes cardiovascular moves that help strengthen the body by using the properties of the water. Buoyant and resistant equipment is utilized to increase strength, endurance and flexibility.

# Group Exercise Class Descriptions

**LES MILLS BODYFLOW:** Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

**LES MILLS BODY PUMP:** A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

**LES MILLS BODY COMBAT:** Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories\*\* along the way! This high-energy, martial-arts inspired workout is completely non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**BODY SCULPT:** A strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define and tone the upper and lower body. Classes may include short cardio interval drills for additional conditioning.

**BOOT CAMP:** This class delivers a comprehensive and blanketed approach for the intense and motivated fitness enthusiast! Designed to challenge your entire body with muscle conditioning exercises, athletic and cardio drills that will challenge your muscular endurance and anaerobic capacity.

**CARDIO DANCE:** Cardio Dance is an exhilarating cardio class choreographed to top hits with easy to follow movement combinations. Various rhythms and genres are used to create a fun and dynamic fitness experience.

**CARDIO SWING:** Lift your heart rate with this versatile dance. Ranging from suave to silly, from exaggerated to subtle, from bouncy to smooth, swing covers a wide spectrum of moods and speeds. This high-energy dance will have you smiling from the first step! We will cover Charleston, Blues, Balboa, and more. (This is not a partnered dance.)

**CORE INTERVALS:** an intense conditioning session designed to build strength, stability and power, using an Integrated-All-Core- Muscle Group format. Participants will perform exercises with both equipment and/or body weight.

**LES MILLS CORE:** Exercising muscles around the core, Les Mills Core™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves have options, so it's challenging but achievable for your own level of fitness. During this workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**FIT FOR LIFE:** Fit for life is fun, functional and effective. Build strength, increase endurance, improve bone density and balance. This class is designed with an older adult population in mind or for those who would like a less vigorous fitness option.

**GENTLE YOGA:** A gentle sequence of Yoga based movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind without the repetitive flowing up and down movements of a Power Flow class.

**LES MILLS GRIT™ ATHLETIC:** is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power. LES MILLS GRIT Athletic takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**LES MILLS GRIT™ CARDIO:** is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**LES MILLS GRIT™ STRENGTH:** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

**LES MILLS GRIT™ STRENGTH:** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

# Group Exercise Class Descriptions

Continued

**GROOVE:** Groove is a unique way to experience movement through dance, together as a group! It is super fun, surprisingly simple and dynamically interactive. Groove is designed to bring creativity and connection to yourself and to each other.

**PILATES:** Core strength is the foundation of Pilates exercises. This unique system of body conditioning will improve posture, flexibility and balance, while strengthening the entire core.

**STEP AND STRENGTH:** A high-energy combination of cardio, strength, and core work using the step and hand-weights. Expect to raise your heart rate moving to the beat of the music, and build muscle tone with high-rep resistance training. All levels welcome.

**TURN UP:** Hip hop based dance fitness & HIIT (high intensity interval training) workout. By combining dance with elements of fitness (Work, Shake, Flex, Slay - #CoreFour) in a culture that fosters teamwork, community and energy we are able to connect and use our workout as therapy, a release, happy hour for that matter, as well as a way to stay active, healthy, and get physical results.

**WERQ:** Build cardio endurance by dancing to today's hottest top 40 pop, rock and hip-hop music. WERQ up a sweat on the dance floor to all of your favorite charting hits.

**YOGA FLOW:** A flowing sequence of Yoga based movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind.

**ZUMBA:** The craze across the country! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

**20/20/20:** 1/3 HIIT cardio, 1/3 athletic strength training, and 1/3 core stability practice are combined resulting in an effective and fun metabolic workout. Increase your cardiovascular endurance, build athletic strength and core stability. Set to motivating music, this ever-changing workout employs a variety of equipment and bodyweight exercises. All fitness levels are welcome.

## Group Exercise Policies

Always inform your physician before starting a new exercise program. Inform the instructor and club of any health issues or if you become pregnant.

Workout at your own pace and listen to your body. If something hurts, stop. Know the difference between muscle discomfort and actual pain. Work within your target heart rate. If you are unsure, ask an instructor.

Be considerate of others in class. For the safety of all members be sure to keep a safe distance between you and other members/instructor, do not use equipment/weights unless instructed by an instructor, and follow class format and routine as instructed.

Wear a separate pair of workout shoes for in the club. This keeps your shoes in shape and helps maintain the studio floors.

Bring a water bottle and be sure you keep hydrated throughout the class.

All equipment should be returned to it's proper place at the conclusion of each class.

Equipment may not be removed from the studio door unless instructed by an instructor.

Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 10 people may be dropped.

*NOT SURE WHICH FITNESS CLASSES ARE RIGHT FOR YOU? CONTACT OUR GROUP FITNESS MANAGER FOR A FREE CLASS CONSULTATION OR WITH ANY QUESTIONS OR CONCERNS.*

**Megan Olive**

**Group Fitness Manager**

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